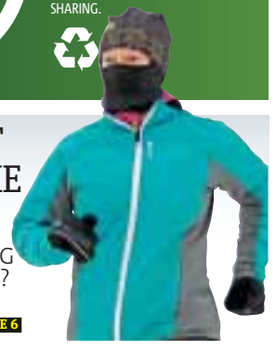
SEE WHAT'S NEW... CHECK OUT OUR LATEST OFFER ON PAGE 14 SHOPPERS DRUG MART

WINNIPEG metro®
NEWS WORTH SHARING.

WINNIPEG'S NEWEST DOWNTOWN DENTIST!
BOOK YOUR FREE* CONSULT WITH DR KAREN ROSOLOWSKI AT 204.477.4463 OR SHINEDENTAL.CA
shinedental
CONSUMER CHOICE AWARD 2013 BUSINESS EXCELLENCE WINNIPEG 3 YEAR WINNER
*OFFER ENDS SOON

IT'S COLD OUT THERE — MAKE A RUN FOR IT!

HOW ABOUT A BRISK JOG IN BRISK TEMPERATURES? HERE'S HOW (AND WHY ON EARTH) TO DO IT PAGE 6



Earn Your Diploma in Business in 1 Year or Less
HERZING COLLEGE
204 775 8175
Call us today and start your new career path now!
Bernice, Business Administration Student
723 Portage Avenue
www.herzing.ca/winnipeg

Mayor Sam Katz speaks to media after EPC voted to ask an outside auditor to look into overages in the downtown police headquarters project. SHANE GIBSON/METRO

EPC gives HQ audit the OK

Cop shop shock. Katz & Co. vote to spend up to $500K to determine if city got its money's worth with police HQ

SHANE GIBSON
shane.gibson@metronews.ca

Mayor Sam Katz and nearly all of his Executive Policy Committee voted Wednesday to make sure an independent auditor looks into the ballooning costs of the new police headquarters.

Coun. Justin Swandel was the lone vote against the motion, which asks for an auditor to be found from outside the city's administrative building, and gives them 150 days from the time council approves the motion to come back with their review.

"The whole motivation was to have this put to bed prior to the election," said Katz.

The headquarters project was originally estimated at $135 million, but the costs have since jumped to $210 million.

The committee voted to allow up to $500,000 to be spent on both the audit and an independent quantity survey looking into whether the city got its money's worth on the project, and to cover overages expected from audits already being undertaken by the city.

Swandel, who may also find himself the only councillor to vote against the audit when it comes to council Jan. 29, called the process a waste of time and money.

"We're still within the budget of the annualized costs because the interest rate has changed so much," he said. "I think we're going to spend $500,000 of taxpayers' money to have someone tell us we're still getting extremely good value for our money."

Admitting fault?

After doggedly calling for an audit into the police headquarters project, Coun. Paula Havixbeck now worries it won't lead to action after city staff filed a report Wednesday detailing their implementation of recommendations made in the scathing fire hall audit.

The Charleswood-Tuxedo councillor was one of several delegations who asked EPC members to send the quarterly review back to city staff over concerns they didn't take ownership for the mistakes outlined by auditors in the document.

Members of EPC ultimately decided to accept the report as information.

THROW AWAY YOUR READERS!
KAMRA Vision™ available ONLY at Image Plus
IMAGE PLUS LASER EYE CENTRE
imageplus.ca / call: 94-FOCUS

Hefty cost

Manitoba calls on feds to flood-proof reserves

Manitoba is calling on the federal government to invest heavily to flood-proof reserves as the cost of caring for hundreds of aboriginal flood evacuees tops $90 million.

Emergency Measures Minister Steve Ashton says Ottawa should spend millions upgrading chronically flooded native land to save money down the road. Many First Nations were historically moved onto a flood plain and should be better protected, he says.

"First Nations are chronically underfunded when it comes to infrastructure," Ashton said in an interview. "If you are looking at a longer-term fix ... you're into the tens of millions of dollars. But the alternative is what we've seen where, year after year, those First Nations are impacted by flooding."

About 2,000 aboriginal people are still out of their homes almost three years after heavy flooding in Manitoba in spring 2011. The $90-million cost so far is borne by the federal government. Most evacuees are living in hotels and temporary housing scattered around the province. At least one reserve, Lake St. Martin, has been declared uninhabitable and officials have been working to find the First Nation a new home.

Erica Meekes, press secretary for federal Aboriginal Affairs Minister Bernard Valcourt, said the minister wasn't available for an interview.

THE CANADIAN PRESS

The Downtown Winnipeg BIZ's Stephanie Voyce, right, and Tamara Rae Biebrich of the Winnipeg Arts Council are helping to organize the city's first downtown snow maze event next month. SHANE GIBSON/METRO

A SnowMAZEing idea for downtown

Snow art. Millennium Library Park architect designs community snow maze

SHANE GIBSON
shane.gibson@metronews.ca

The Downtown Winnipeg BIZ is partnering with the Winnipeg Arts Council (WAC) and the Millennium Library to help Winnipeggers get lost in winter activity next month.

The groups are inviting people of all ages to come to the Millennium Library with shovels in hand to help build a snow maze in the library's adjoining park.

"We want to celebrate winter in the heart of our city," said BIZ spokesperson Stephanie Voyce, who is helping to organize the event, dubbed SnowMAZEing. "We'll use the snow from the site ... and pack it into cubes that will then be placed along a predetermined maze layout.

"We think this is a really lively opportunity for folks to get out and enjoy the season."

The finished maze will feature book-inspired art panels with help from the WAC, and the day of maze building will include a number of other activities for kids to take part in crafts, reading, storytelling, and of course gallons of hot chocolate.

The Downtown Winnipeg BIZ plans to maintain the maze for the rest of the winter once it's built.

Schedule

- The SnowMAZEing build will run 11 a.m. to 5 p.m. on Saturday, Feb. 1. More information is available at winnipegarts.ca.

Cross-border purchases. Canada Border agency says pay the GST

Officials with the Canada Border Services Agency say some people just don't understand it makes more sense to pay the GST than to try and sneak something over the border.

They point to several cases in December, such as one at the Emerson crossing where a parcel was declared to contain shoes and chocolates but really carried undeclared jewellery.

The GST would have been $600 but the importer instead had to pay $8,600 to get the contents back.

Then there was the case of a man returning to Manitoba at Boissevain who declared $1,000 for a puppy he bought from the breeder in the U.S.

A quick check showed he paid $3,000 for the dog, and ended up paying a $1,100 penalty instead of $150 in GST.

THE CANADIAN PRESS/CJOB

Until further notice

Surgeries cancelled at St. Boniface

The Winnipeg Regional Health Authority has been forced to cancel surgeries for several days after equipment failure led to damage in surgery rooms.

"As a result of HVAC failure and water leaking into operating theatres at St. Boniface General Hospital, surgical services have been suspended at St. Boniface today," they said Wednesday. METRO

Stuck in deep slush. Two Manitoba men rescued in northwestern Ontario

Ontario Provincial Police say two Manitoba men have been rescued after becoming stuck in deep slush while fishing in northwestern Ontario.

OPP say they were contacted Monday evening by Lac Du Bonnet RCMP about two men reported stranded in the area of Reynar Lake inside the Ontario border.

A provincial police emergency response team and a Hercules aircraft from CFB Winnipeg joined the search for the two men, both in their mid 30s.

One of the men called police from a cellphone to provide their GPS co-ordinates, and family members were nearby on snow machines and picked the men up.

Police say the pair were cold and exhausted and one was suffering from frostbite, but neither had any serious injuries. THE CANADIAN PRESS

Protests in Ukraine turn deadly

Kyiv. Political crisis intensifies as violent clashes between police and protesters result in fatalities

Protesters hurl gas bombs at riot police Wednesday. ANDREY SVITAILO/METRO WORLD NEWS

Unrest in Kyiv turned for the worse on Wednesday with news that two people died from gunshot wounds during clashes between police and protesters, the first fatalities since demonstrations over the government's rejection of a planned EU treaty began in November.

The day saw state police units dismantle a makeshift barricade on Europe Square and Hrushevskoho Street — the city's new hotspot for clashes, which runs along the cabinet office and parliament buildings. Protesters, who fashioned makeshift armour out of sleeping mats and pieces of wood strapped to their jackets, parried police grenades with Molotov cocktails.

"If we leave now, we will all land up in jail. We will take a stand," Bogdan, a young man guarding a barricade, told Metro. To maintain their position, the protesters ignited huge bonfires, the smoke from which, they claim, neutralizes the pepper gas launched by the police.

When news circulated earlier in the day of the first casualties in the civil unrest, the crowds in this area swelled to an estimated 2,000 by mid-morning. "Burn for our boys!" a voice was heard from the crowd as a gas bomb landed on top of a phalanx of riot police. Some of the bombs lobbed were five-litre pickle jars.

At one moment, an Orthodox priest walked out into the neutral zone between the protesters and police, pleading for calm. However, riot-control units, lined up like a shielded formation of Roman legionaries, advanced towards the protesters, waving their batons and firing rubber bullets. People finally began to flee to their camp at the nearby Maidan Square.

Hrushevskoho Street was emptied after 10 minutes. While the air cleared at Kyiv's freshest battleground, thick black smoke still shrouded city squares elsewhere.

METRO WORLD NEWS IN KYIV

Caught in the clash

Metro photographer injured by grenade

Photographer Andrey Svitailo and the shrapnel he was hit with. MWN

A Metro journalist was injured Wednesday in a stun grenade explosion on Kyiv's Europe Square amid clashes between anti-government protesters and police.

Andrey Svitailo, a staff photographer for the Metro Moscow newspaper, sustained leg injuries caused by shrapnel exploding from a stun grenade thrown by Berkut riot police at protesters.

"It was very sore and painful," Svitailo describes the moment after three pieces of shrapnel struck his calf and thigh. "My jeans ripped open and I was left with some bloody bruises. I literally had to take the shards of grenade out of my clothes.

"But thanks to my long johns, the fragments did not pierce my skin." Svitailo did not require hospitalization and is continuing to cover the protests. METRO WORLD NEWS

THINK YOU KNOW THE PLAYERS? THINK AGAIN.
NHL REVEALED
A SEASON LIKE NO OTHER
SERIES PREMIERES
TONIGHT at 9
CBC
FUELLED BY GATORADE®
cbcsports.ca/NHLRevealed | #NHLRevealed
® Gatorade - Stokely-Van Camp, Inc. Used under license.
NHL and NHL team marks are the property of the NHL and its teams. © NHL 2014. All Rights Reserved.

Ford: Latest embarrassing video just one of life's 'difficult bumps'

Nothing personal.
Toronto mayor happy to talk about city's budget, but won't take questions about Jamaican-infused Steak Queen rant

Toronto Mayor Rob Ford charges through a media scrum at city hall in Toronto on Wednesday. FRANK GUNN/THE CANADIAN PRESS

Toronto Mayor Rob Ford is calling his alcohol-fuelled, profane rant in a Jamaican accent at a restaurant — caught on video — a "minor setback," and says he is entitled to a personal life.

Ford offered no apologies a day after the clip, which shows him using Jamaican swear words and other profanities, at one point aiming his curses at Toronto's police chief, was posted anonymously to YouTube.

"Monday was unfortunate," he said at a late-afternoon news conference. "I had a minor setback. We all experience these difficult bumps in life."

But, he said, it is a "completely private matter."

"As you know, I'm a human being, the same as every one of you, and I'm entitled to a personal life," Ford said. "My personal life does not interfere with work I do day in and day out for the taxpayers of this great city."

Ford refused to answer reporters' questions throughout the day about whether he drove himself to or from the restaurant that night, if he was using drugs and if he was hanging out with his friend Alexander Lisi.

A second video also posted to YouTube, purportedly from the same night, appears to show Ford sitting with Lisi.

Ford's admission that he had been drinking ended weeks of adamant vows that he had given up alcohol.

Ford spent much of his news conference discussing the city's budget and finished by saying he would be "happy to take questions on the budget only."

THE CANADIAN PRESS

'A minor setback'

"As you know, I'm a human being, the same as every one of you, and I'm entitled to a personal life."
Toronto Mayor Rob Ford

Police not allowed to see Magnotta research video

A judge has prevented Montreal police from getting their hands on a confidential academic video interview with accused killer Luka Rocco Magnotta.

The Canadian Association of University Teachers welcomed the Quebec Superior Court decision, saying it upholds researchers' rights to protect confidential information needed for their academic work.

The association's executive director says in a statement the ruling represents the first court recognition of researcher-participant privilege.

Montreal police had sought to gain access to a copy of the interview for evidence they're still gathering against the 31-year-old Magnotta, who is charged with first-degree murder in the slaying and dismemberment of Chinese engineering student Jun Lin.

Lawyers representing University of Ottawa criminologists had argued the 2007 interview with a subject known under the pseudonym "Jimmy" should be kept confidential.

Luka Magnotta is shown in an artist's sketch. A judge has prevented police from obtaining a video interview with the accused killer.
MIKE MCLAUGHLIN/THE CANADIAN PRESS

The attorneys said Magnotta participated in the study as part of a survey of sex workers under the condition his interview would remain confidential.

"The impact of this decision is that researchers can now have confidence that courts will recognize and will treat seriously promises of confidentiality vital to the conduct of their research," James Turk, executive director of the Canadian Association of University Teachers, said in a statement Wednesday.

"Courts have recognized the social importance of journalists being able to protect confidential sources, and this decision extends a similar recognition to academic researchers."

The news release published by Turk's association said that, in her ruling, Justice Sophie Bourque noted "much academic research provides useful information on certain aspects of the human condition that are normally kept silent."

The Bourque ruling was also quoted by the association as saying, "The evidence demonstrates that much of the research involving vulnerable people can only be conducted if human participants are given a guarantee that their identities and the information that they share will remain confidential."

THE CANADIAN PRESS

Israel gives PM Harper a very special tweet

Prime Minister Stephen Harper and his wife Laureen take a tour of the future site of the Stephen J. Harper Hula Valley Bird Sanctuary Visitor and Education Centre in Hula Valley, Israel, on Wednesday. While in the Middle East, Harper is visiting Israel, the West Bank and Jordan. SEAN KILPATRICK/THE CANADIAN PRESS

Toronto

Discharge for census resister, 79

A 79-year-old Toronto woman taken to court over refusing to fill out the census was given a conditional discharge on Wednesday.

THE CANADIAN PRESS

Alberta

Over 500,000 had health info stolen

Personal health information belonging to more than half a million Albertans was stolen last September from Medicentres Family Health Care Clinics, Alberta Health Minister Fred Horne announced Wednesday.

"Today, I contacted the Alberta Privacy Commissioner to … formally request an official investigation," Horne said, adding, "Albertans want to know that their information is secure and protected."

METRO IN CALGARY

A barely visible sculpted rabbit is tucked inside one of the bronze ears of a nine-metre-tall statue of Nelson Mandela outside the government complex in Pretoria, unveiled a day after the South African leader's funeral last month. Officials want the miniature bunny removed. THE ASSOCIATED PRESS

Officials want to pull rabbit out of Mandela statue's ear

Hopping mad.

Sculptors apologize to those who felt it was disrespectful, arts and culture minister says

A new, nine-metre sculpture of Nelson Mandela has a tiny, barely visible quirk: a sculpted rabbit tucked inside one of the bronze ears.

South African officials want the miniature bunny removed from the statue, which was unveiled outside the government complex in Pretoria on Dec. 16, a day after Mandela's funeral. The department of arts and culture said it didn't know the two sculptors, Andre Prinsloo and Ruhan Janse van Vuuren, had added a rabbit, said to be a discreet signature on their work.

Dali Tambo, the CEO of Koketso Growth that was appointed to manage the statue project, said the artists, who belong to South Africa's white Afrikaner minority, were selected in part because the project was a multi-racial effort in keeping with Mandela's principle of reconciliation. He said their signatures could be added in a discreet place, perhaps on Mandela's heel. THE ASSOCIATED PRESS

Hasty decision?

The artists said they added the rabbit as a "trademark" after they were not allowed to engrave their signatures on the statue's trousers.

- They said the rabbit represented the pressure of finishing the sculpture on time because "haas" — the word for rabbit in the Dutch-based Afrikaans language — also means "haste."

Ceres

Scientists spy water on dwarf planet

Scientists have confirmed signs of water on the dwarf planet Ceres, one of the few bodies in the solar system to hold that distinction.

Peering through the Herschel Space Observatory, a team led by the European Space Agency detected water plumes spewing from two regions on Ceres, the largest object in the asteroid belt. The observations, in Thursday's issue of Nature, come as NASA's Dawn spacecraft is set to arrive at the Texas-sized dwarf planet next year.

The source of the water plumes is still unclear. Scientists think there may be a layer of ice just below the surface that gets heated by the sun or the plumes could be spewed by ice volcanoes. THE ASSOCIATED PRESS

Michigan airport

Influx of owls poses threat to aircraft

Traps are being used to catch snowy owls alive at Michigan's Gerald R. Ford International Airport after staff members shot nine in the last two months to ensure aircraft safety.

Snowy owls are out in force in parts of the Midwest this winter, thanks to a population boom in their Arctic breeding lands. Birdwatchers have reported spotting them more frequently than usual in several places around Michigan.

An airport spokeswoman said the influx of snowy owls into the area is unprecedented and airport staff cannot compromise flight safety. The owls are known to fly low and could collide with an aircraft. THE ASSOCIATED PRESS

ROGERS authorized dealer

WINNIPEG
AirSource
212 Henderson Hwy.
(204) 989-2954
AirSource
1200 McPhillips St.
(204) 989-2927
AirSource
3480-1120 Grant Ave.
(204) 475-0483
AirSource
Unit 20-2583
Pembina Hwy.
(204) 261-1234
AirSource
University Centre
University of Manitoba
(204) 987-3444
AirSource
Portage Place
(204) 946-0721
AirSource
2609 Portage Ave.
at Moray
(204) 954-2939
AirSource
1500 Regent Ave. W
(204) 988-3080
AirSource
St. Vital Centre Kiosk
(204) 989-2939
AirSource
St. Vital Centre
(204) 989-2940
AirSource
661 Corydon Ave.
(204) 231-1650
AirSource
Winnipeg Square
(204) 944-8070
Teleco
Kenaston Common
(Kenaston at McGillivray)
(204) 947-9570
Teleco
948 St. James St.
(204) 831-1234
Kildonan Place
(204) 667-8248
Garden City
Shopping Centre
(204) 339-8895
Polo Park
(204) 774-2412
SELKIRK
Nickel Communications
3-344 Main St.
(204) 482-9667
STEINBACH
Nickel Communications
Unit H – 197 Main St.
(204) 326-4988
WINKLER
Nickel Communications
9 – 820 Triple E Blvd.
(204) 325-4121
BRANDON
Teleco
Unit B3 – 1128B 18th St.
(204) 727-0100
Brandon Shoppers Mall
(204) 571-6976
NEEPAWA
Neepawa True Value
268 Hamilton St.
(204) 476-2333
STONEWALL
TMC Distribution
325 Main St.
(204) 467-2014
PORTAGE LA PRAIRIE
Reimer Antenna Service
1000 Saskatchewan
Ave. W
(204) 857-9001
SWAN RIVER
Sears Swan River
619 Main St.
(204) 734-4541
DAUPHIN
North of 51 Designs &
Computers
12 2nd Ave. NW
(204) 638-7148
THOMPSON
City Centre Mall
(204) 677-3212
THE PAS
Sound Innovations
317 Fischer Ave.
(204) 623-7171

LIMITED TIME OFFER
IF YOUR RESOLUTION WAS TO
SAVE 50%
YOU'RE OFF TO A GREAT START
SAMSUNG GALAXY NOTE 3™
SAMSUNG GALAXY S4™
SAMSUNG GALAXY SIII™
ADD A LINE TO A SHARE EVERYTHING™ PLAN AND GET
• 50% OFF ALL THE LATEST SMARTPHONES ON SELECT 2-YR. PLANS*
• ONE POOL OF DATA FOR ALL YOUR FAMILY'S DEVICES
• UNLIMITED CANADA WIDE CALLING
• UNLIMITED MESSAGING
CALL 1 888 ROGERS1
CLICK ROGERS.COM/SAVE50
VISIT YOUR LOCAL ROGERS STORE TODAY
LIVE LIKE NEVER BEFORE™
ROGERS

ROGERS authorized dealer · WIRELESSWAVE · WIRELESS etc... · MOBILE · FUTURE SHOP · Tbooth wireless · BEST BUY · THE MOBILE SHOP · LONDON DRUGS

*Offer available for a limited time and subject to change without notice. For new and existing Share Everything customers, discount applies to any smartphone purchased and activated on a secondary line on a 2-yr. talk, text and Internet Share Everything plan. A Connection Fee of $15 per line also applies (to first invoice, applicable to new line/device only) to activate your service on the Rogers network. The following monthly government 9-1-1 fees apply where applicable: 62¢ in Saskatchewan, 40¢ in Québec, 43¢ in Nova Scotia, 53¢ in New Brunswick, 70¢ in Prince Edward Island and 44¢ in Alberta (effective April 1, 2014). However, there is no airtime charge for calls made to 9-1-1 from your Rogers wireless device. Where applicable, additional airtime, data, long distance, roaming, options and taxes are extra and billed monthly (not discounted). Device Saving Recovery Fees and/or Service Deactivation Fee (as applicable) apply in accordance with your service agreement. TM ©2014 Rogers Communications.

Get ready for cool runnings

Running in a winter wonderland. First step is the worst, says expert with ice in her veins

JACOB MORGAN
Metro in Saskatoon

With Canada having experienced a brutal cold snap from coast to coast at the outset of 2014, the rest of the country can learn a thing or two from the folks in the Prairies.

Lisette Schermann is the manager of the Brainsport store, a staple of Saskatoon's Broadway Avenue. She says that when the temperatures dip far below zero, there is no reason to sit inside and sulk.

Instead, try going for a brisk run on the tundra.

"The hardest part is getting out there," she said. "Once you're outside it's not nearly as bad as you think."

There are many common misconceptions when it comes to winter running, said Schermann. For instance, newbies tend to assume they're going to feel as cold as they do when walking from the front door to the car.

"People definitely overdress," she said. "They're judging it on experiences of walking or driving in the cold where you're not producing as much body heat."

However, she said that doesn't mean would-be winter runners don't need to "step up their game, gear-wise."

Some must-have items: sneakers with cleats for traction on the ice, reflective materials for visibility during those long winter nights and a balaclava to protect your face from the windchill.

Once that's done, it's time to hit the snow.

But make sure not to start off with heavy speed work, as Schermann said the frigid weather can extend average paces by 10 per cent.

"You only really have to be aware of that the first few runs and then you get your snow legs," she said.

And when the season is done, Schermann said many runners are ahead of the game.

Even if you're not looking for a challenge, Schermann said a nice jog can be a great cure for the winter blues.

"There aren't that many opportunities to get outside in the winter time, and running is a really easy one."

Truth or dare

Truth: In order to gain traction on the ice, you need shoes designed with proper grip and insulation.

- **Dare:** Try the DIY approach with screws in the soles and duct tape on the tips for extra heat.

Truth: When you first get started with winter running, your average pace could slow down by about 10 per cent.

- **Dare:** By the end of the season, try to beat the speed you have in the summer.

Truth: One of the best parts of winter running is getting outside to explore nature.

- **Dare:** Find the very best trails in your city and run them all before the last of the snow melts away.

Metro asked: What's your winter running pet peeve?

"Just the ice is sometimes trouble for me. ... They make grips for your shoes or people screw actual screws into their shoes."

Jillian Joan, 23, Brooks Running Company employee, Alberta

"Definitely the windchill. It's probably the worst thing. Everything else seems pretty good though."

Kristen Christensen, 30s, rec programmer, Saskatoon

"When winter runners unexpectedly run across an intersection ... as a driver on icy roads I don't have enough time to necessarily stop."

Dave Cazakoff, 28, student, Saskatoon

"When I don't have the right wind-breaking material and my legs get really cold. The front of my thighs burn from being so cold."

Crystal Clarke, 34, librarian, Saskatoon

"I run around near the residential areas and sometimes people don't shovel their walks so you'll be running into deep snow."

Benjamin Lam, 27, engineer, Saskatoon

"When people don't get out of your way, even when you call out. ... Running through a snow drift is not a whole lot of fun."

Becky Mang, 33, engineer, Regina

JACOB MORGAN/ METRO IN SASKATOON

Must-have gear

Hat

SUGOI Snowflake Tuke. Doesn't have to be too thick, as long as it covers the ears.

Balaclava

Saucony DryLete Balaclava. Features mesh over the mouth for breathability.

Gloves

SUGOI Wind Mitt. Warmer than gloves. For an extra layer, try wearing gloves underneath the mitts.

Base layer

Helly Hansen Warm. Merino wool to stay fresher smelling.

Mid layer

SUGOI Women's Speedster 3 Performance Hoodie. Features a ponytail hole in the hood.

Outer layer

SUGOI Jackie Thermal Jacket. Windproof panels over the sleeves and a fleecy breathable back. Lots of pockets.

Pants

Salomon Nova Softshell pant. Warmest pant at Brainsport.

Ankle

SUGOI Resistor Run Gaiter. Keeps snow out of shoes.

Sneaker

Saucony Ride running shoe. (Note: this model is using regular grip so as not to damage the grip on the winter shoes during a test run.)

PITFALLS OF AN ENTERTRAINER

HE SAYS

John Mazerolle
metronews.ca

I've had such a negative perception of gyms that as I was writing this column about my new gym membership I suddenly remembered that I'd already had a gym membership, about 10 years ago, and had banished it from my memory like Star Wars Episode I: The Phantom Menace, a movie that doesn't exist.

The memory is foggy but my brief time there (it was a YMCA) reminded me of high school, complete with stale-smelling change rooms, annoying cliques and crippling self-doubt heavier than any weight. Well, not any weight. Not those little pink ones. I have a little self-respect.

Lacking the requisite cardiovascular strength (i.e. I didn't have the heart), I didn't set a sneakered foot inside a gym until a decade later when, fresh out of comedy school, I took a gig at a fitness chain where my job was to entertain people while they did ab exercises. I was keen on my first post-school assignment, which is why I was blind to the fact that this is the worst idea in the history of entertainment — akin to entertaining air traffic controllers with a game of bingo.

At best, the exercisers tolerated me. At worst, they yelled at me to stop, which is part of the job, except you're not supposed to think, "That heckler is right!"

This did not improve my feeling toward the gym industry. I shunned them, preferring to exercise outside in the winter even if that meant temperatures so cold I risked ending up like Jack Nicholson at the end of The Shining.

But that all changed recently. I discovered a little gym in my neighbourhood that's just perfect for me. It's small so it doesn't attract many preeners, and it's open 24 hours so I can fiddle with the machinery alone. I may yet end up the first person ever killed by an elliptical, but at least my low-impact death will only be a CCTV YouTube sensation, not an in-person humiliation.

I've been hitting the gym for about three weeks now, and it gets easier every time as I pick up a few tricks about how to carry and motivate myself:

- It helps to put the Edmonton Oilers on TV during your workout. That way you see yourself working harder than an entire team of professional athletes.
- Wearing a towel over your shoulders and carrying a water bottle shows your fellow exercisers that you are the real deal, just like the people in the ads.
- Fake punching the air looks pretty cool.
- Most importantly, I've learned that gym-goers are a family. If I see an overweight person, I show support with a hearty "Hang in there! It gets better!" If I see an attractive person, I say "Yeeaahhh."

I fully recommend that you follow these tips. Sure, conversations might go a little awry with certain members, but that just reminds me of another important gym fact I learned in high school: Running away is excellent exercise.

ZOOM

AK-47s' cruel and cool culture

COURTESY RALPH ZIMAN

Project highlights duality of AK-47s

A filmmaker has shone light on Africa's controversial use of the AK-47, by photographing vibrant replicas of the assault rifle.

Ralph Ziman, from Johannesburg, took images of Zimbabwean street vendors brandishing copies of the infamous weapon that were made using traditional Shona-style beadwork. METRO

Q and A

'Beautiful yet venomous snake'

RALPH ZIMAN
South Africa-born filmmaker, based in Los Angeles

What inspired you to address gun culture?
The story behind this project — entitled Ghosts — began a year ago when I was back in my hometown of Johannesburg. I was reminded of the rate of gun violence connected to the AK-47 rifle that has gripped the entire continent of Africa and intrigued by the terror that firearms hold in African culture.

The AK-47 has killed millions, but at the same time has been pivotal in the struggle for independence — the gun appears on the Mozambique flag. Did you have the duality of the weapon in mind?
Without a doubt. These vibrantly-coloured guns in my images highlight the alluring nature of the rifle. It's like a beautiful yet venomous snake. In South Africa, this weapon was once an instrument against the apartheid regime.

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

ISTOCK IMAGES

A picture says a thousand words, or so the saying goes, and apps like Snapchat and Instagram seem to be proving the saying true. But just because you've got that beach pic of your toes in the sand, doesn't mean no one wants to read the rest of your vacation story (actually, if they're suffering through this polar vortex, they might not want to). Inspired by newspapers' forays into long-form visual story-telling, we've compiled apps that let you do just the same.

Storehouse:
User-friendly with a simple design, Storehouse lets you import photos and videos from your computer, Dropbox, Flickr or Instagram to add seamlessly to your narrative.

Prss:
Create your own online magazine using your own videos, photos with an easy-to-use template — so you don't have to be an InDesign wizard to get your work looking sharp.

Storybird:
Billed as more of an educational tool, this app lets you create a storybook based on other people's illustrations and animations. It's geared toward kids 13+, but really, can't we all benefit from a little creative non-fiction?

Comments

RE: Watching The NHL Has Become The Same As Witnessing A Bar Brawl, says Paul Sullivan, published Jan. 22

If you don't like fighting in hockey there are plenty of other things to watch on TV!! If anything the NHL is getting a little wimpy these days. The true fans like the state of the game and the constant whining that the game is too violent is annoying and will change nothing. **mbacks posted to metronews.ca**

Is there any surprise that Canadian athletics is considered a joke worldwide? Why hockey fans continuously equate toughness with fighting is beyond me. There are tougher athletes competing in rugby and Aussie Rules footie that put these guys to shame. **aferdinanda posted to metronews.ca**

WE WANT TO HEAR FROM YOU:
Send us your comments: winnipegletters@metronews.ca

metro

President Bill McDonald • **Vice-President & Group Publisher, Metro Western Canada** Steve Shrout • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Winnipeg** Elisha Dacey • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Sales Manager** Alison Zulyniak • **Distribution Manager:** Rod Chivers • **Vice-President, Sales and Business Development** Tracy Day • **Vice-President, Creative and Marketing Services** Jeff Smith • **Vice-President, Finance** Phil Jameson **METRO WINNIPEG** 161 Portage Ave E Suite 200 Winnipeg MB R3B 2L6 • **Telephone:** 204-943-9300 • **Fax:** 888-846-0894 • **Advertising:** 204-943-9300 • adinfowinnipeg@metronews.ca • **Distribution:** winnipeg_distribution@metronews.ca • **News tips:** winnipeg@metronews.ca • **Letters to the Editor:** winnipegletters@metronews.ca

Oil starts flowing from Oklahoma to Texas via Keystone XL pipeline

Like oil and water. CEO says southern leg is a 'win-win-win' as activists worry those who live along route will be ultimate losers

Canadian oilsands producers have a direct pipeline link between Alberta and the U.S. Gulf Coast with the official start-up Wednesday of the Keystone XL pipeline's southern leg.

The project's opposition, meanwhile, vowed to watch the new pipeline "like a hawk" as it continues to urge President Barack Obama to reject the larger, more contentious northern leg of the system.

"This morning we have made a major change in where the largest refining hub in the world gets is oil," said Alex Pourbaix, the executive in charge of oil pipelines at TransCanada Corp., the company building the line.

CEO Russ Girling described the $2.3-billion US project as a "win-win-win" for U.S. Gulf refiners, who'll get access to a cheaper, more secure source of crude, for North American crude producers, who'll get a better price for their landlocked oil and for consumers, who may pay a cheaper price at the pump as expensive foreign imports are supplanted.

The only losers, he said, are the foreign suppliers whose product will pushed out of the lucrative Gulf market.

"We're seeing an enormous change in North American energy markets and how energy gets delivered," Girling told a news conference Wednesday.

He said there's "not a chance" that crude will be exported overseas from the Gulf — at least not in his lifetime — disputing a common assertion from pipeline opponents.

THE CANADIAN PRESS

Sticky situation

Plenty of criticism of the pipeline has gushed up.

- Jane Kleeb, with the anti-pipeline advocacy group Bold Nebraska, said that Wednesday marked a "very sad day" for those worried about their land in Texas and Oklahoma. "We all know this pipeline is a huge risk to folks along the route," she said. "Citizens are watching this pipeline like a hawk. They know that they are bracing for the worst today as this pipeline starts up."

Another jewel for the crown?

The 29.6-carat blue diamond recovered by Petra Diamonds from a mine near Pretoria, South Africa, is seen in this Jan. 18 photo. Petra said in a statement that the diamond — found in the Cullinan mine, which has yielded, among other famous stones, the 530-carat Star of Africa blue diamond that is part of the British crown jewels — is a vivid blue with extraordinary tone and clarity, and could yield a polished stone of great value.

PHILIP MOSTERT/PETRA DIAMONDS/THE ASSOCIATED PRESS

ADVERTISING SALES REPRESENTATIVE

Metro Winnipeg is seeking an aggressive, results-oriented

ADVERTISING SALES REPRESENTATIVE.

The ideal candidate will utilize creative strategies to customize a broad range of advertising options, including print and online, to support clients in achieving their business objectives.

Sales representatives must possess the flexibility and poise necessary to reach out and develop relationships with local businesses.

In addition to a full benefits package and dynamic work environment, Metro offers results-oriented sales representatives the opportunity to achieve high rewards for successful performance.

REQUIREMENTS OF THE POSITION:

- Minimum 2 years of demonstrated success in advertising sales or business-to-business sales.
- Excellent networking, organizational and time management skills.
- Outstanding verbal and written communication skills, including proficiency in Microsoft Office.
- A self-motivated desire to develop new business.
- Some college education or relevant post-secondary training.
- Valid drivers license and a vehicle.
- Media sales to Auto dealers and related businesses is an asset.

Individuals interested and having the skills described possess the skills described are requested to submit their resumé and cover letter via email to hr@metronews.ca no later than Jan. 31st.

PLEASE QUOTE: "ADVERTISING SALES REPRESENTATIVE — Winnipeg" in the Subject Line. All submissions will be treated as confidential.

metro

4th graders now. Just a sec, mom, I'm texting Emily our recess plans

A survey of more than 5,400 Canadian kids in Grades 4 through 11 found a majority had their own cellphone, while nearly one in four of the youngest children owned a mobile device.

MediaSmarts did the wide-ranging survey and the director of education for the non-profit said it was eye-opening for him to learn that about a quarter of nine- and 10-year-old students had their own device.

Actress Quvenzhané Wallis last year, at the age of nine. GETTY IMAGES

THE CANADIAN PRESS

Report. You're not dumb to worry your 'smart' fridge might spy on you

Don't look now, but your new fridge may be spying on you.

Your fancy Internet-connected coffee maker looks a little suspicious, too.

A Queen's University professor isn't surprised to hear of a new U.S. report which tells of a massive cyberattack of "smart" household devices.

Proofpoint, Inc., a corporation specializing in corporate security, reported this month that cybercriminals have targeted Internet-connected home devices, since they're much easier to hack than home computers or tablets.

The Proofpoint study reported that more than 750,000 malicious email messages were sent out from more than 100,000 household gadgets, including a fridge, between Dec. 23, 2013, and Jan. 6, 2014. TORSTAR NEWS SERVICE

Warns of low inflation

Bank of Canada keeps interest rate steady at 1%

The Bank of Canada is lowering its forecast for inflation, which has been persistently below the desired target, but keeping its key interest rate unchanged at 1.0 per cent.

The central bank said inflation is now expected to be lower than previously projected, partly due to price competition among retailers. THE CANADIAN PRESS

Some sanctions lifted

EU businesses to rush back into Iran

Europe's business community is abuzz with preparations to rush back into Iran, an economic powerhouse in the Middle East, as some sanctions are suspended.

THE ASSOCIATED PRESS

Totalled $3.7B

Air Canada wipes out pension deficit

Air Canada took another major step to generating a sustainable profit and gaining investor confidence by wiping out last year's $3.7-billion pension deficit to post a small preliminary surplus. THE CANADIAN PRESS

Renewable energy

Being in the red dents EUs zest for going green

The European Union on Wednesday shied away from more ambitious renewable energy goals as the bloc's sluggish economy appeared to dent its zeal to fight climate change.

THE ASSOCIATED PRESS

Market Minute

DOLLAR 90.19¢ (-0.95¢)

TSX 13,988.20 (+36.43)

OIL $96.73 US (+$1.76)

GOLD $1,238.60 US (-$3.20)

Natural gas: $4.70 US (+$0.23)
Dow Jones: 16,373.34 (-41.10)

RRSP doesn't have to be a four-letter word.

Relax. We† can help.

Call 1 866 747 8129,
visit pcfinancial.ca/rrsp,
or drop by an in-store pavilion[1] today.

[1] Visit pcf.pavilionlocation.com to find your nearest pavilion location.

®/™ PC, President's Choice, PC Financial and President's Choice Financial are registered trademarks of Loblaws Inc. CIBC is a licensee of the marks.

† President's Choice Financial personal banking services are provided by the direct banking division of CIBC. Banking services are not available in Quebec.

President's Choice FINANCIAL®

That's just good banking.

SCENE 2

Are you there, God? It's me, Debra DiGiovanni

Late Bloomer.
Comedian describes herself as 'the luckiest girl in the world' but it wasn't always all headlining Just For Laughs tours

BACKSTAGE PASS
Jared Story
winnipeg@metronews.ca

Better late than never.

Not only is Debra DiGiovanni on her first solo cross-Canada theatre run, her Late Bloomer Tour marks the first time a female comic has headlined a Just for Laughs-presented tour.

"I am the luckiest girl in the world," said DiGiovanni from a tour stop in Kingston, Ont.

"Everything I say is going to sound cheesy so just accept it. I'm so lucky. I'm having these moments where I'm saying 'What? Me? Why is this happening?' My name is on the ticket. My name is on the marquee. I have a driver. What's going on?"

DiGiovanni, 41, isn't some overnight success story. The Toronto comedian has been working the clubs for 14 years, climbing her way up the Canadian comedy ranks through her contributions to MuchMusic's Video on Trial, CBC Radio's The Debaters and The Comedy Network's Match Game.

Now, with her 21-city soft-seater tour, it seems DiGiovanni's rapid-fire delivery has finally caught on with Canada as a whole.

"It's just who I am times 1,000," said DiGiovanni of her stage presence. "Onstage, I'm definitely the same Debra I am in real life, it's just bigger and more. I've always been a fast talker. I grew up in a big Italian family, where you have to speak fast and loud or you're not getting heard. Our dinner table was chaos. I remember one of my sisters dated a guy who was an only child. He used to come to our house and just sit there terrified."

DiGiovanni is being herself onstage, but, as any comic will tell you, that's easier said than done. In her first three years of stand-up, DiGiovanni said she stuck to a set-in-stone script. Then, one faithful night, she bombed.

"Terrible show, big fancy show, awful, awful," DiGiovanni said. "I was in my script, something happened, it threw me and I couldn't roll with it. After that, an older, wise comic said: 'Throw your notes away. Just go up there and trust yourself.' Truly magic words. I put the book down and just went for it."

Details

DiGiovanni brings The Late Bloomer Tour to the Pantages Playhouse Theatre on Wednesday, Jan. 29.

- Tickets are $44.25 at Ticketmaster. Showtime is 7:30 p.m.

Canadian comic Debra DiGiovanni brings The Late Bloomer Tour to Winnipeg on Jan. 29. CONTRIBUTED

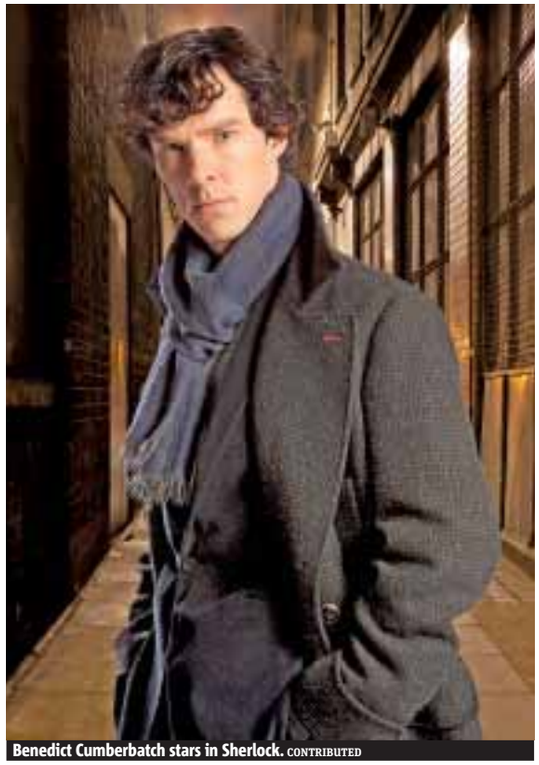
YOU COULD WIN
A FESTIVAL PASS TO SEE EVERY FILM AT
THE GREAT DIGITAL FILM FESTIVAL™ 2014
VISIT CINEPLEX.COM/DIGITALFILMFEST FOR TICKETS AND PARTICIPATING THEATRES
ONE WEEK ONLY JANUARY 31 - FEBRUARY 6

No purchase necessary. Contest open to Canadian residents 18 years of age or older, not including residents of Quebec. Odds of winning depend on the number of eligible entries received. Ten (10) grand prizes will be awarded. Approximate retail value of the grand prize is $110.25. Entrants must correctly answer, unaided, a mathematical skill-testing question to be declared a winner. Contest closes January 27th 2014 at 11:59pm. To enter and for complete contest rules visit www.clubmetro.com. Don't forget to like us on Facebook! facebook.com/clubmetrolondon. TM/® Cineplex Entertainment LP or used under license.

FRONT ROW CENTRE CINEPLEX
VISIT clubmetro.com TO ENTER

Paging David Cameron: Make more Sherlock!

Lobby of love. Chinese fans appealed to British PM to ask creators of show for more episodes


Benedict Cumberbatch stars in Sherlock. CONTRIBUTED

The makers of TV's Sherlock say even a lobbying effort by British Prime Minister David Cameron wouldn't persuade them to produce more episodes each season.

But Sherlock co-creator Steven Moffat and producer Sue Vertue tweaked Cameron anyway for lack of effort. It's been more than a month, they noted, since he visited China and was asked by fans there to press for more of the popular mystery series.

He praised the drama and told Chinese viewers who submitted the request to him online that he would try. But Cameron has yet to contact them, Vertue said this week.

A droll Moffat added: "David Cameron, calling you on that, mate. ... All of China, they're waiting."

The British-produced modern take on Sir Arthur Conan Doyle's fictional detective has been a worldwide hit. It made its third season U.S. debut last Sunday on PBS, with husband-and-wife team Moffat and Vertue and star Benedict Cumberbatch on hand to promote it.

Fans have to make do with just a handful of episodes — three this season — as the show's in-demand makers and cast, including Martin Freeman and newcomer (and Freeman's real-life partner) Amanda Abbington, see to other projects. That includes the Doctor Who series for Moffat, The Hobbit franchise for Freeman and a string of films for Cumberbatch.

"No, it's a waste of time, sorry, China," Moffat replied when asked if Sherlock might be expanded to more episodes. The nine that have aired since 2010 are the equivalent of cranking out nine movies, he and Vertue said.

But why apologize to the Chinese and not devotees elsewhere?

"Well, China were the ones who went to the top and asked," Moffat said.

He and Cumberbatch, who said he appreciated the fervour of fans, agreed they are committed to keeping Sherlock going indefinitely.

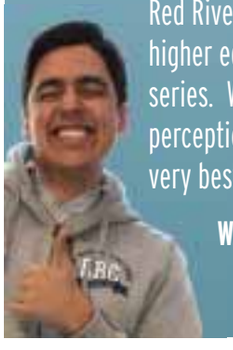
THE ASSOCIATED PRESS

Quoted

"David Cameron, calling you on that, mate. ... All of China, they're waiting."

Sherlock co-creator Steven Moffatt on David Cameron not asking him for more episodes on behalf of Chinese fans

WATCH FOR RED RIVER COLLEGE ON WINDCITY!



Red River College is proud to be the only institute of higher education on the world's first locally-branded web series. WindCity, a scripted comedy poised to reposition the perception of Winnipeg, is a bold new initiative featuring the very best of what this city has to offer.

Watch the show and follow the campaign at windcity.tv

RED RIVER COLLEGE

!ndigo bestsellers NOW 40% OFF*

Our Top 20 are NOW 40% off. In-store. Every day.

1. ALLEGIANT: INDIGO EXCLUSIVE EDITION
Veronica Roth
The faction-based society that Tris Prior once believed in is shattered – fractured by violence and power struggles and scarred by loss and betrayal. So when offered a chance to explore the world past the limits she's known, Tris is ready.
Last Week: 1 / Weeks on List: 3

2. THE INVENTION OF WINGS Sue Monk Kidd
A magnificent novel about two unforgettable American women. Sue Monk Kidd presents a masterpiece of hope, daring, the quest for freedom, and the desire to have a voice in the world.
Last Week: 2 / Weeks on List: 3

This Week		Last Week	Weeks on List
3.	THE POWER OF HABIT Charles Duhigg	7	3
4.	LIFE AFTER LIFE Kate Atkinson	3	3
5.	THE DEAD IN THEIR VAULTED ARCHES Alan Bradley	18	2
6.	THE POUND A DAY DIET Rocco Dispirito	8	3
7.	COLD HARD TRUTH ON FAMILY KIDS & MONEY Kevin O'Leary	9	3
8.	SYCAMORE ROW John Grisham	6	14
9.	THE START HERE DIET Tosca Reno	15	3
10.	STOP OVERTHINKING YOUR MONEY Preet Banerjee	11	3
11.	JOYOUS HEALTH Joy McCarthy	17	2
12.	ALL IN Arlene Dickinson	12	3
★ 13.	DUTY Robert Gates	~	1
14.	THE DEMONOLOGIST Andrew Pyper	19	2
15.	DARK WOLF Christine Feehan	5	3
16.	FIRST LOVE James Patterson	20	2
17.	TEARDROP Lauren Kate	16	3
18.	HAZARDOUS DUTY W.E.B. Griffin	14	3
★ 19.	THE CONFIDENT MOM Joyce Meyer	~	1
★ 20.	MY JOURNEY Olivia Chow	~	1

Combined Fiction and Non-Fiction Bestsellers for the week, ending January 27th
★ New this week

!ndigo Chapters Coles indigo.ca

Connect with us /chaptersindigo

*IN-STORE 40% discount applies to in-stock books featured on Indigo's Top 20 English Bestseller list at time of purchase at Indigo, Chapters or Coles locations. Bestseller list is determined by Indigo and gets updated regularly. Not valid in conjunction with any other offer or promotion excluding everyday irewards discount and cannot be used to adjust amount paid on previous purchases. Online 50% discount applies to irewards and plum rewards members - 45% off for non-members - on Top 50 Online Bestsellers as selected by Indigo.ca. Offers may change or end at any time without notice. Indigo, Chapters, Coles and indigo.ca are trademarks of Indigo Books & Music Inc.

Online Bestsellers. Top 50 are 50%* off at indigo.ca

Drake has five nominations but is frozen out of big categories

The Grammys. Despite his critically acclaimed, high-selling album the Toronto rapper was not considered for best record, song or album

As strange as it is say that one of the top nominees at the Grammys is also one of its most prominent snubs, a case could be made for Drake.

Sure, the Toronto rapper has five nominations at this Sunday's gala — trailing leader Jay Z as well as Justin Timberlake, Kendrick Lamar, Pharrell Williams and Macklemore & Ryan Lewis — but once again, the 27-year-old star was left out of the show's three marquee categories: record, song and album of the year.

This, despite the fact that his nuanced, forward-thinking Nothing Was the Same was the year's seventh-bestselling album in the U.S. after moving 1.34 million copies, according to Nielsen SoundScan. The album was hailed by critics too, receiving high placement on lists of the best albums of the year by Billboard, Rolling Stone and Entertainment Weekly. His singles were just as broadly acclaimed — either the hypnotic origin tale Started From the Bottom or power-puff stunner Hold On, We're Going Home placed on the year-end Top 10 lists by Billboard, Rolling Stone, Time Magazine and Pitchfork.

He's thus now been nominated for his own music 15 times but only once outside of the rap categories, when he ceded best new artist to Esperanza Spalding in 2011. (He has one win, for best rap album at last year's bash). If his spotty record at the awards soiree bothers the perennially melancholic songwriter, he didn't let on during a recent interview in Toronto.

"To be recognized in any capacity for the music that we make is great, (but) I don't think the Grammys make or break any artist," he said. "I don't think anybody should live or die by the Grammys — that's my opinion. I think it's a great organization and obviously (has a) deep-rooted history in music, but at the same time, if I go home with no Grammys I still feel great about what we did.

"I think anybody should feel that way."

Well, perhaps it helps that the slate of nominations for the 56th Grammy Awards was in many ways the most surprising in recent years — and it's left pundits unsure of what to expect. This was, apparently, to be a Grammys show dominated by Justin Timberlake, whose sleekly high-end (if exhaustingly overlong) The 20/20 Experience reigned as the year's highest-selling album and was preceded by a ubiquitous marketing campaign that included a coronation at last year's Grammy show.

But despite his seven nominations, Timberlake was, like Drake, completely left out of the Grammys' trio of major categories. For album of the year, Lamar's masterful street-level opus will compete with Daft Punk's visionary Random Access Memories, Sara Bareilles's The Blessed Unrest, Macklemore & Ryan Lewis's poppy The Heist and Taylor Swift's Red.

It's hard to pin down a favourite.

The other marquee categories are seen as just as difficult to call. Robin Thicke — who has Canadian citizenship by virtue of his father, actor Alan — landed a record of the year nomination for his sleazy smash Blurred Lines. It's a category that also features Daft Punk's undeniable Get Lucky, Imagine Dragons' Radioactive, Lorde's Royals and Bruno Mars' Locked Out of Heaven.

The Lorde and Mars tunes are also up for song of the year — the distinction between the two confusingly named categories is that the "record" award is based on performance while "song" is given for songwriting — along with Pink's Just Give Me a Reason, Macklemore & Ryan Lewis's Same Love and Katy Perry's Roar.

THE CANADIAN PRESS

Toronto rapper Drake doesn't measure his success by how many Grammys he has. CANADIAN PRESS

RED RIVER COLLEGE
AS SEEN ON
WINDCITY.TV
Red River College is proud to be the only institute of higher education on the world's first locally-branded web series. WindCity, a scripted comedy poised to reposition the perception of Winnipeg, is a bold new initiative featuring the very best of what this city has to offer.
Watch the show and follow the campaign at www.windcity.tv
RED RIVER COLLEGE

CANADA'S ROYAL WINNIPEG BALLET
Aspire to Greatness
Ballet Academic Program – Ages 10+
Aspirant Program – Post Graduate
Teacher Training Program – Post Graduate
RWB SCHOOL
PROFESSIONAL DIVISION
ARLENE MINKHORST SCHOOL DIRECTOR
2013/14 International Audition Tour
PHOTO: Bruce Monk
Aspirez à la grandeur
Programme de formation en ballet – Pour les élèves de 10 ans et plus
Programme des aspirants – Ét udes supérieures
Programme de formation des professeurs – Études supérieures
Tournée internationale d'auditions 2013/14
Audition in Winnipeg! Sunday, January 26/2014 at
The Royal Winnipeg Ballet School – 380 Graham Avenue
T 204.957.3467 W rwb.org/school
MANITOBA ARTS COUNCIL CONSEIL DES ARTS DU MANITOBA
Canadian Heritage Patrimoine canadien

Jason Reitman directs Labor Day, which opens next Friday. THE CANADIAN PRESS

The leading ladies make Jason Reitman the man

Labor Day. Director says he owes his success to the talent of the actresses in his films

NED EHRBAR
Metro World News in Hollywood

For his fifth feature film, director Jason Reitman takes on Joyce Maynard's novel Labor Day, about an escaped convict (Josh Brolin) who takes a single mother (Kate Winslet) hostage over a holiday long weekend. To hear Reitman tell it, any success he's had as a director is all down to his leading ladies.

How did you approach adapting the novel into a film?
The narrative follows the book so carefully. I was trying to recreate how the book made me feel. The book is told so beautifully; it's so emotional and I had such an immediate reaction to it that I wanted to create a cinematic experience that mirrored the book. I wanted to tell a story all the way to the end and leave people with a sense of romance. You can't always punch people in the ribs. Not every time.

When did you first read the book?
I read it while it was in galleys, a few years ago. And my producer, Helen Estabrook, found it and gave it to me and said, "You're going to love this," and she was right. My question was, "Is Kate Winslet available?" We got Josh, went to Kate and she said, "I'd love to do it, but I'll do it in a year." So we waited a year for her. That's how Young Adult came to be — I made it in that year.

You're developing quite a track record of working with actresses.
Frankly, I've just been very lucky, you know? To have worked with Maria Bello, Ellen Page, Vera Farmiga, Anna Kendrick, Charlize Theron and now Kate Winslet? I mean, it's an unreal group. I'm lucky that they've chosen to work with me. It's wonderful. I mean, it makes me look better than I am. That's the truth. In their hands, it makes me look like a decent director.

You could try to go out and make a movie ...
With the worst actors possible? I would think given the option of working with brilliant people? Yeah, I'll continue to do that. I find that I know when they're right when it just seems honest and real. When I'm watching an audition, whether it's for a lead or the tiniest part, do they make the words seem honest? It's not if it's funny, it's not if it's dramatic, it's not if it's moving. It's just, does my bulls-detector go off?

Was that how it was with your young star, Gattlin Griffith?
We looked at a lot of young men, and he came in and it was just instantaneous. It's those eyes. The whole movie is his point of view looking at the world — watching this man, watching his mother, trying to figure out what they're doing, trying to figure out his own sexuality. He could do everything without talking, and that's what I needed.

And you cast a remarkably accurate look-alike for young Josh Brolin for the flashbacks.
Tom Lipinski looks exactly like Josh Brolin. My girlfriend at the time said, "When he heard you were casting this movie he must have shot in his pants," (laughs). Use that in your paper.

JUNO CUP
MARCH 28 | MTS ICEPLEX
$20 ticketmaster.ca ON SALE NOW!
A BENEFIT FOR musicounts
THE ROCKERS
JIM CUDDY (BLUE RODEO), JAY BODNER (EAGLE & HAWK), JP HOE, STEPHEN CARROLL (THE WEAKERTHANS), VINCE FONTAINE (EAGLE & HAWK, INDIAN CITY), DEVIN CUDDY & MANY MORE!
VS NHL GREATS
MIKE KEANE, PERRY MILLER, THOMAS STEEN, TREVOR KIDD, CAREY WILSON, MIKE FORD & MANY MORE!
JUNOAWARDS.CA
#JUNOS2014
metro

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Quentin Tarantino ALL IM AGES GETTY

Tarantino will probably get stern with Dern after leak

Quentin Tarantino is calling off plans to make a western, The Hateful Eight, as his next film after the first draft of the script was leaked around Hollywood, he tells Deadline. "I'm very, very depressed. I finished a script, a first draft, and I didn't mean to shoot it until next winter, a year from now," he explains. "I gave it to six people, and apparently it's gotten out." Among the half dozen who received the script were actors Michael Madsen, Tim Roth and current Oscar nominee Bruce Dern, and Tarantino is apparently pretty sure it was Dern's representatives who are responsible for the leak. Tarantino says the leak became apparent when his own agent's office was inundated with calls from reps trying to book their clients in smaller roles in the script. Tarantino now plans to publish the screenplay instead and move on to another project.

Harry hits the sauce after achieving South Pole goal

Prince Harry celebrated reaching the South Pole in true style, going on a "two-day bender" and drinking champagne out of a prosthetic limb, actor and trek-mate Dominic West tells the Telegraph. "Two of the Aussie guys stripped naked and ran around the pole, but most of us, Harry included, just went on a two-day bender with the Icelandic truck drivers who had brought some lethal home brew with them," West says, adding that Harry "told some eye-wateringly rude jokes."

Prince Harry

The Word

Lawrence wasn't first choice for Silver Linings Playbook

MELINDA TAUB
Metro World News

In Silver Linings Playbook, Jennifer Lawrence played a woman who'd gotten married, been widowed, gone crazy with grief and slept her way out of at least one job. Believe it or not, the first choice to play that role was not a 21-year-old.

Harvey Weinstein recently revealed that a different pixie-cut thespian was originally slated for the role: Anne Hathaway was his original choice to play Tiffany. "Silver Linings Playbook was originally going to be with Anne Hathaway and Mark Wahlberg," the studio exec told Howard Stern. "And then Anne wasn't doing it. And she's marvellous and wonderful and she was my choice, I love her."

So why wasn't Anne up there yelling and twitching and dancing poorly? Apparently she and director David O. Russell didn't hit it off. "David and Anne had some creative differences," Weinstein said. "They didn't see eye-to-eye." That's no shocker — David O. Russell is famously difficult to work with. He's gotten into shoving matches with both George Clooney and Lily Tomlin. Hathaway doesn't seem like she'd be very accepting of shoving. And since both she and Lawrence won Oscars that year, she's probably cool with how things worked out. Of course, Jennifer won Best Actress, while Anne nabbed a mere Best Supporting Actress statuette for Les Miserables. Yeah, she might be grinding her teeth at night about this one.

Katy Perry

Praise the Lord! Perry's body is the real deal

Katy Perry admits she had some help in developing her impressive figure, but it wasn't from a surgeon. The voluptuous singer tells GQ that when she was 11 years old, "I lay on my back one night and looked down at my feet and I prayed to God. I said, 'God, will you please let me have boobs so big that I can't see my feet when I'm lying down?'" Perry says. "God answered my prayers. I had no clue they would fall into my armpits eventually." She also insists her lack of artificial augmentation lends her more credibility. "I've never had any plastic surgery. Not a nose, not a chin, not a cheek, not a tit," she says. "So my messages of self-empowerment are truly coming from an au natural product."

Efron 'couldn't be happier' with life after rehab stint

After Zac Efron's rehab stint last spring for a reported drug problem, he's is excited to be moving on and growing from the experience. "I'm so happy. I feel like I'm in a great place and I'm glad that I'm really here to share this moment with everybody and be present for all of it," Efron said at a press conference on Tuesday for his new film, That Awkward Moment, in New York City. The 26-year-old actor said of his "interesting year" that he "learned so many things.

Zac Efron

"The best part of it was being able to reflect upon that experience and realize how much I have learned about myself and the kind of man I want to be." While promoting the film, about three young guys navigating the dating world in New York City, Efron added that he "couldn't be happier."

Get 18,500 SHOPPERS OPTIMUM BONUS POINTS®
WHEN YOU SPEND $75 OR MORE ON ALMOST ANYTHING IN THE STORE.*
SATURDAY, JANUARY 25 TO TUESDAY, JANUARY 28
THAT'S A $25 SAVINGS VALUE!
FREE feels good
SHOPPERS DRUG MART

*Offer valid on the purchase total of eligible products using a valid Shoppers Optimum Card® after discounts and redemptions and before taxes. Maximum 18,500 points per offer regardless of total dollar value of transaction. Excludes prescription purchases, products that contain codeine, non-pointable items, tobacco products (where applicable), lottery tickets, stamps, transit tickets and passes, event tickets, gift cards, prepaid card products and Shoppers Home Healthcare® locations. Offer applies to photofinishing services that are picked up and paid for on the day of the offer only. Not to be used in conjunction with any other points promotions or offers. See cashier for details. Shoppers Optimum Points® and Shoppers Optimum Bonus Points® have no cash value but are redeemable under the Shoppers Optimum and Shoppers Optimum Plus programs for discounts on purchases at Shoppers Drug Mart. The savings value of the points set out in this offer is calculated based on the Shoppers Optimum Program® rewards schedule in effect at time of this offer and is strictly for use of this limited time promotion. The savings value obtained by redeeming Shoppers Optimum Points will vary depending on the Shoppers Optimum Program reward schedule at time of redemption and other factors, details of which may be found at shoppersdrugmart.ca. ® 911979 Alberta Ltd.

I'd like to thank Her for upholding hipster style...

What the tuck.
Sequins, slips and suits made this year's silver screen sparkle. But Her, with all its hipster hues and high-waistedness, will make likely make the most lasting mark on fashion

Oscar-nominated Her didn't earn a nod for best costume design, but fashion observers say the retro-futuristic looks featured in the film take the trophy for trendsetting style.

American clothing label Opening Ceremony created a collection inspired by styles designed by Casey Storm for the inventive drama, which is set in near-future Los Angeles. Her chronicles the relationship between Theodore Twombly (Joaquin Phoenix) and his operating system (voiced by Scarlett Johansson), with the film's lovelorn protagonist regularly seen sporting buttoned-up collared shirts paired with ultra high-waisted pants.

"I think you tend to think of everyone putting their life out on display in the world that we live in now, and the fashions were really the opposite to that," said Noreen Flanagan, editor-in-chief of Elle Canada.

"It was very much about kind of concealing yourself which I thought, again, was a kind of interesting twist to what we're increasingly becoming more familiar with in terms of how we relate to one another in the digital world."

Joaquin's character in Her might be lacking in some social skills, but perhaps he can find fulfilment in his ability to choose interesting ensembles. CONTRIBUTED

What a waist

"It's not going to be for everyone and, my God, you really have to have flat abs to wear pants like that. That is not a flattering silhouette on most people."
Noreen Flanagan
Editor-in-chief of Elle Canada

Probably of all the films, Flanagan said Her has the greatest likelihood of "getting a little bit of street cred."

"It's not going to be for everyone and, my God, you really have to have flat abs to wear pants like that. That is not a flattering silhouette on most people. It requires a certain young, youthful, in-shape physique to wear it. I can see for a certain hipster set it becoming quite cool."

Toronto-based costume and set designer Sarah Armstrong also sees the potential for Her to emerge as a trendsetter.

"(Theodore's) kind of got a look, a unique esthetic, that's not unlike what we see today. It's very, very comfortable. And I think, too, because he's a younger character, that may also lend itself to a trend that might come up."

While Armstrong said she didn't think there was anything "blindingly new" about the designs for Her, she viewed them as an interpretation of the hipster trend being embraced by the 20-something generation.

"They're pulling from steampunk, they're pulling from Victorian elements, from the '60s, they're pulling from a whole bunch of different eras and blending them all together."

On the opposite end of the style spectrum was costume design nominee American Hustle with its depiction of flashy '70s fashions. The film is awash in plunging necklines, brightly lacquered nails and bouffant do's as well as bell-bottoms and mile-wide ties with lapels to match.

Jennifer Lawrence's outfits in American Hustle are unforgettable, but did they distract from her performance? CONTRIBUTED

"We've had films in the past that have gone back to the '70s, but they really play down the hair, they really play down the wardrobe, the clothing," said Armstrong. "With American Hustle, it really is all about the excess of the '70s, and the characters are extreme."

Flanagan said while she found the clothes in Hustle to be "fun, fabulous and entertaining," she said she almost found them to be "too much."

"In terms of digging up those V-neck Halstons and Diane von Furstenberg dresses and vintage Dior aviators and Gucci accessories, full marks for going on a fashion treasure hunt and finding real gems from that period. But it needed some editing," she said. "It needed the director to say: 'Wait a minute. We don't want the fashions to overshadow the story and the characters.'"

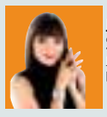
THE CANADIAN PRESS

And the nominees are...

A handful of period pieces will be contending for the Oscar costume crown on March 2.

- The nominees are Catherine Martin (The Great Gatsby); Patricia Norris (12 Years a Slave); William Chang Suk Ping (The Grandmaster); Michael O'Connor (The Invisible Woman); and Michael Wilkinson (American Hustle).

Twitter


JEANNE SPACE
Jeanne Beker
life@metronews.ca

TWITTER HAS BECOME A COOL AND SUCCINCT WAY OF COMMUNICATING. IT ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND AND CONNECTS ME WITH ALL KINDS OF PEOPLE. WHETHER IT'S A FASHION QUESTION OR YOU JUST WANT TO COMMENT ON LIFE'S BIGGER PICTURE, I'D LOVE TO HEAR FROM YOU.

Hockey legend @NHLShanahan, the beautiful @AndieMac Dowell3 + hunky @Alan_Thicke @echoesofhope game @ SundanceFest

Hitting the slopes of Park City #Utah because woman cannot live by film alone!! #sundance #heaven

Canadian street style

Spotted in: Toronto

Name: Ailyn

Age: 19

Occupation: Film student

What she's wearing:
Blundstone boots, thrift store denim jeans, winter cape from the ROM's boutique, lace shirt from Club Monaco and maroon Fjallraven Kanken backpack.

Her inspiration:
"Normally I go vintage, stuff you'd find in your grandma's closet. I'm a kid stuck in the '90s. This outfit however is my winter hipster look."

THE KIT IS A MULTI-PLATFORM BEAUTY AND FASHION BRAND WHICH INCLUDES AN INTERACTIVE MAGAZINE AND DYNAMIC APP, A WEBSITE, KIT CHAT – AN E-NEWSLETTER PROGRAM – AND A WEEKLY NEWSPAPER SECTION TOO!

ELLE 3

Hot Brunch on a Cold River

Weekend fare at RAW: Almond. No need to book for dinner, if you want to try some lighter, but no less delicious, fare for brunch at RAW: Almond

SHEL ZOLKEWICH
River City Kitchen
winnipeg@metronews.ca

RAW: Almond, Winnipeg's now-famous popup restaurant on the river, opens its tent flaps this weekend to greet enthusiastic diners willing to brave the cold for culinary delights. For those who can't make the evening sittings—or don't want to fork out $100 for the experience—there's another option. Brunch is served!

Talia Syrie, formally of Winnipeg's much-loved The Tallest Poppy, and now the force behind Tansi at Neechi Commons, will wear head chef hat for family-style meals offered between 9 a.m. and 2 p.m. for the next three weekends.

"I have always loved working in unconventional environments. I love the challenge of 'no running water and no proper electricity'. I love how in those environments all bets are off. It's terrifying and hilarious," Syrie said.

Brunch ($22, cash only) includes fruit salad, bacon, pancakes, corndogs on a stick and Breakfast Buddies—packets of scrambled eggs, cheese and bacon enveloped in bannock dough and deep-fried—and much more. There's also a tasting bar offering a cup of coffee or hot chocolate along with a corndog ($7, cash only). A marshmallow tasting bar will satisfy those with a sweet tooth.

"The customers on the river last year were the funniest, kindest group of people I have ever served," Syrie said. "They were amazing. I felt like we were all working together to get them fed."

No reservations are needed for the weekend brunch. Simply skate, stroll, ski or snowshoe down to the RAW: Almond tent at the junction of the Red and Assiniboine rivers.

Shel Zolkewich writes about food, travel and the outdoors when she's not eating, on the road or playing outside. Got a food story idea? shel@shelzolkewich.com

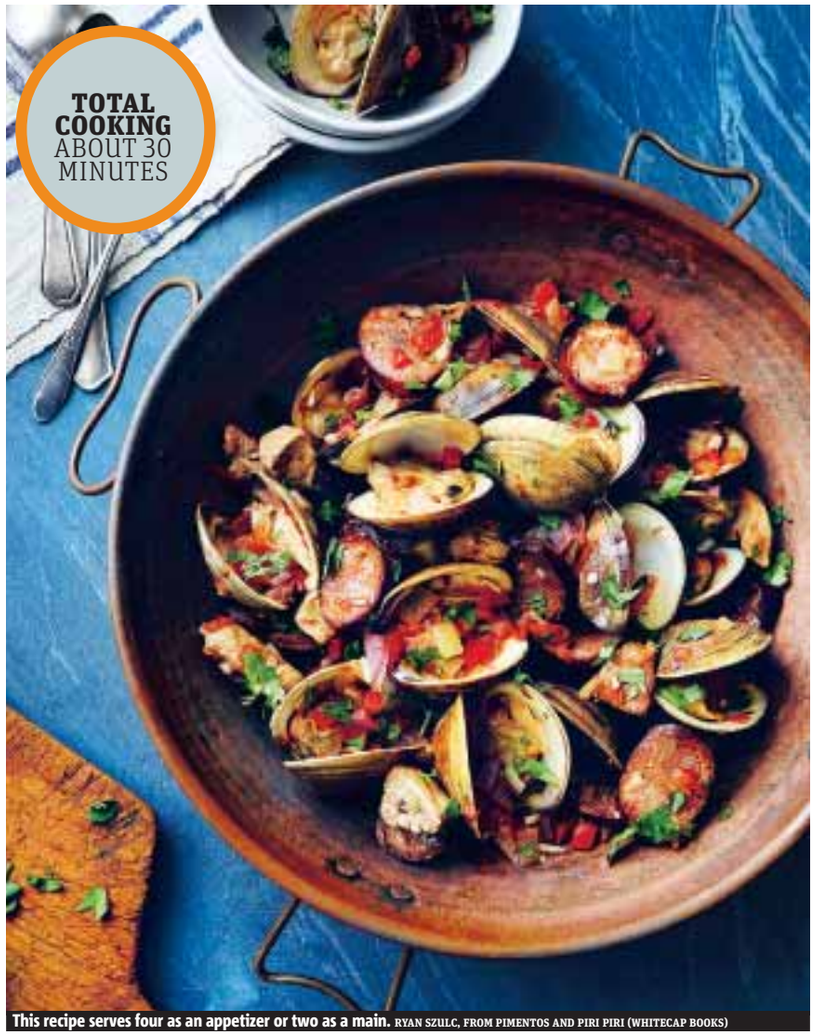
Talia Syrie will happily serve you brunch on the river this weekend including delicious Breakfast Buddies—packets of scrambled eggs, cheese and bacon enveloped in bannock dough and deep fried. SHEL ZOLKEWICH/FOR METRO

What's **your** cupcake personality?

Find all the recipes at
CanolaEatWell.com

Canola! EAT WELL FOR LIFE | Manitoba Canola Growers

Clams and pork get up close and personal



This recipe serves four as an appetizer or two as a main. RYAN SZULC, FROM PIMENTOS AND PIRI PIRI (WHITECAP BOOKS)

FLASH FOOD

From your fridge to your table in 30 minutes or less

"A cataplana, a hinged clam-shaped cooking vessel, is so popular in the Algarve beach resorts that dozens of dishes have been named after it," writes Carla Azevedo in her book Pimentos and Piri Piri of this Clams in Cataplana with Pork, White Wine, and Coriander dish.

"If you do not have a cataplana, use a wok or a large pot with a tight-fitting lid and carefully cover the lid with a kitchen towel; do not uncover the pot while cooking."

1. Using a stiff brush, scrub the clams under cold running water to remove any surface sand and grit. Discard any clams that are not tightly closed. Set aside.

2. In a large heavy saucepan or Dutch oven, heat the oil over medium heat; cook the pork for 2 to 3 minutes, until browned, and transfer to a dish; reserve. Add the onion and garlic and cook, stirring occasionally, for 3 to 5 minutes, until softened. Add the tomatoes, red pepper, chouriço, bay leaf, salt, pepper, oregano, and piri-piri sauce; simmer for 7 to 10 minutes, until slightly thickened.

3. Transfer half of the tomato mixture to bottom of cataplana. Arrange the clams overtop and cover with the remaining tomato mixture. Tightly secure the cataplana lid and simmer over medium-high heat for 5 minutes. Flip the cataplana over and unlatch it; add the reserved pork and the wine and sprinkle with the coriander and prosciutto. Tightly secure the cataplana lid and cook until the shells open and the pork juices run clear when pierced with fork, 5 to 8 minutes (check for doneness after 5 minutes of cooking and continue cooking if meat is still pink). Discard any clams that have not opened. Serve. **RECIPE EXCERPTED FROM PIMENTOS AND PIRI PIRI (WHITECAP BOOKS) BY CARLA AZEVEDO.**

Ingredients

- 2 lb (1 kg) Manila clams
- 1/4 cup (60 ml) olive oil
- 4 oz (120 g) pork tenderloin, cubed
- 1 onion, chopped
- 3 cloves garlic, minced
- 1 1/2 cups (375 ml) peeled, seeded, and chopped tomatoes
- 1/2 red bell pepper, seeded, cored, and diced
- 4 oz (120 g) chouriço, sliced into 1/2-inch (1 cm) pieces
- 1 bay leaf
- 1/2 tsp (2 ml) fine salt
- 1/4 tsp (1 ml) coarsely ground black pepper
- 1/2 tsp (2 ml) dried oregano
- 1/4 tsp (1 ml) piri-piri sauce or Tabasco sauce
- 1/2 cup (125 ml) dry white wine
- 1/4 cup (60 ml) chopped fresh coriander
- 2 slices prosciutto, chopped

Cookbook of the Week

Adapting tradition

Because the farm workers and other labourers of Portugal needed food to be hearty and filling, it has come to be known as "peasant food". Call it what you will, but one thing is for sure: The dishes of this European country are comfort food at its finest.

Pimentos and Piri Piri by Carla Azevedo takes traditional recipes and updates them for the North American kitchen with local ingredients and modern kitchen equipment.

Among the recipes in the book are: Quail in Cream Sauce, Cod and Chickpeas, Portuguese Pulled Pork and many more. METRO

Make a big impact with big art

This year's trend is to go with bigger, bolder artwork — whether it's one large piece or several smaller ones grouped together to create a unified effect. Here are a few tips to help you make the most of your space, even if you're on a budget or live in a small condo with little wall space.

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

For big effect, group smaller pieces together. Various prints, crateandbarrel.com

The trend

With the trend of floor-to-ceiling windows, large intake vents and multiple light switches taking up valuable wall space in newer condos, it's hard to find little — if any — wall space to hang artwork. Often your only choice is an obscure wall, off to the side. The trend for 2014 is bigger and bolder artwork, creating big impact in a space with one large piece rather than a row of small gallery style hangings. To achieve impact with many small pieces, try arranging them into a rectangular grouping, which creates the effect of one big shape rather than many small ones.

Rules for hanging

When hung on an empty wall, the middle of the piece of artwork should hang 66 inches from the floor. If hanging art over a piece of furniture, the bottom of your artwork should be hung six to nine inches above it. A decorative picture light will help to illuminate your artwork and make it a focal point. If hung on the wall, art should be framed; if not, display it on a decorative easel or lean on a floating shelf. The colour of the frame should match either the wood tones or metal finishes used in the room; this will coordinate the art into the room with ease.

The middle of your artwork should hang 66 inches from the floor. Cloud Study print, $970, crateandbarrel.com

A favourite image can be printed on canvas and stretched on a frame to create a custom piece of art. From $25, posterjack.ca

Art on a budget

Everyone thinks art (especially larger pieces) needs to be expensive. Art needs to be thoughtful, not pricey. For affordable art, look to art school sales, vintage poster prints and big home retailers that now sell limited-run pieces (with the fast turnover of products, a favourite piece may only be around for a few months). You can also get creative and customize your own art; a favourite image can be emailed to a custom print company and reproduced on wood, stainless steel or canvas at any size. Also, painting the wall a contrasting colour is a great way to make your art piece pop; go dark or bright for impact.

Simple kitchen renovations on the cheap

Home renos. Painting cupboards, updating light fixtures or reupholstering chairs can make a big impact

Saying goodbye to an '80s kitchen can be as easy as applying a coat of paint, modernizing lighting and installing stone countertops.

Though kitchen renovations can often require a serious financial investment, painting kitchen cabinets is a relatively inexpensive way to give the space a new look, says Lana Lounsbury, an interior designer in Victoria.

But she warns that homeowners should be aware of the kind of wood their cabinets are made of before they paint them, and what kind of paint they use.

"You cannot paint oak — the grain is too deep — and when you put lacquer over it they look fake and gross because you can still see the grain," she says.

"Homeowners should also contemplate having them professionally sprayed in a booth to avoid having the marks of brushes and rollers seen in the end product."

Lounsbury says homeowners shouldn't cut costs on paint and are advised to use a high-quality, semi-gloss sheen after applying a primer.

While quartz, stone and marble countertops can be a major investment in a kitchen, you can make an impact by installing a new countertop on a smaller space like an island.

Marina Hildebrand, an interior designer in Regina, says updating lighting fixtures can change the look of a kitchen.

According to Hildebrand, homeowners are replacing the '90s trend of three small pendant fixtures with two, more dramatic lights.

"Lighting is dramatic and pretty inexpensive considering the options out there right now," she says.

Lounsbury points out that a mix of ambient and task lighting is important in a kitchen.

THE CANADIAN PRESS

Outdated kitchens can be revitalized by introducing a bold backsplash or painting the cabinets. ISTOCK

Evander Kane is pursued by Nick Bonino of the Ducks on Tuesday in Anaheim. Kane scored a shorthanded goal in his return from injury. JEFF GROSS/GETTY IMAGES

Coach helping Jets restore their faith

NHL. Paul Maurice performing miracles in Winnipeg as team mulls a run at playoffs

As far as mid-season turnarounds go, this one is starting to look pretty good.

With their long-shot 3-2 win over first-place Anaheim Tuesday night, the Winnipeg Jets have strung together four in a row for only the second time this NHL campaign.

They have a shot at hitting a high-water mark of five when they visit San Jose Thursday night to play the Sharks, also formidable at home with a record in their own building of 17-2-3.

Not since November have the Jets managed to win four in a row in a season that has seen a five-game losing streak cost former coach Claude Noel his job.

But since Paul Maurice took over Jan. 12, they haven't lost a game. They've even started talking with straight faces about making the playoffs once more, despite their current last-place position in the Central Division. Although, with Tuesday's win, they at least now sit tied with Nashville.

If they were looking for another confidence booster, they certainly got it in Anaheim.

The Jets handed the Ducks their first regulation home loss this season and it made Maurice look more prophet than cockeyed optimist when he said earlier this week that, on a one-game basis, any team can beat any team in the NHL.

At 23-23-5, the Jets are still just barely back in .500 territory. To make the playoffs, something the franchise has managed only once in its entire history in Atlanta or Winnipeg, the current winning streak pretty well has to continue, or at least not see many long interruptions.

But there is at least a glimmer of hope for fans who just two weeks ago were raining boos down on the home team.

THE CANADIAN PRESS

Bright spots

- Ondrej Pavelec's save percentage has finally crept back above the .900 mark.
- Bryan Little is on fire with eight points in five games.
- Evander Kane returned from his latest injury Tuesday to score.
- Blake Wheeler has six points in five games.

MLB

Yanks win Tanaka sweepstakes

The New York Yankees and prized Japanese pitcher Masahiro Tanaka agreed Wednesday to a $155-million, seven-year contract.

In addition to the deal with the 25-year-old right-hander, the Yankees must pay a $20-million fee to his Japanese team, the Rakuten Golden Eagles.

After missing the playoffs for just the second time in 19 years, the Yankees went on a free-agent spending spree this off-season, also adding catcher Brian McCann and outfielders Jacoby Ellsbury and Carlos Beltran. The four big deals totalled $438 million.

THE ASSOCIATED PRESS

Australian Open

Bouchard raising a few eyebrows in her hometown

Not only has Montreal's Eugenie Bouchard won over tennis fans with her impressive run at the Australian Open — she's even made a minor dent in her hockey-loving hometown's spectator-sports scene.

One of the city's best-known sports bars, Champs Bar, reserved 120 seats for Bouchard's semifinal match Wednesday night against China's Li Na — and its manager said earlier in the day he was expecting nearly twice that many people to show up for the event.

Bouchard fell to Li in the semifinal early Thursday.

THE CANADIAN PRESS

Go to metronews.ca for more coverage of Bouchard's loss.

Pens bounce back to down Canadiens

Carey Price of the Canadiens makes one of only 16 saves on Sidney Crosby. JUSTIN K. ALLER/GETTY IMAGES

Jussi Jokinen scored twice and the Pittsburgh Penguins dominated the Montreal Canadiens 5-1 on Wednesday night.

Evgeni Malkin added a goal and an assist, Sidney Crosby picked up his 26th of the season and Taylor Pyatt added a rare score for the Penguins. Marc-Andre Fleury made 22 saves as Pittsburgh bounced back from a dismal loss to Florida on Monday by trouncing hapless Montreal.

Jokinen picked up his third multi-goal game of the season

Rene Bourque had his seventh goal for the Canadiens but Montreal spent most of the night chasing the Penguins.

Backstop bully

Budaj skated out to centre ice at one point during a stoppage in play late in the third and challenged Fleury to a fight. The typically reticent Fleury obliged, taking his helmet and gloves off before referee Kyle Rehman steered him toward the bench.

Carey Price stopped just 16 of 21 shots before being pulled late in the second period in favour of Peter Budaj. Montreal has lost four of six.

Pittsburgh had its club-record 13-game home winning streak snapped by the lowly Panthers in a 5-1 loss that marked the team's worst home defeat in more than two years.

Whatever the problems were, they disappeared Wednesday. The team was crisp in the neutral zone, responsible on defence and efficient on offence. THE ASSOCIATED PRESS

Horoscopes

Aries
March 21 - April 20
Is what you are planning a good idea? Could you have overestimated your abilities? Don't worry. The planets indicate you have what it takes and once you get moving all your doubt will disappear.

Taurus
April 21 - May 21
You will fall out with someone who does not share your aims. It's just as well. The longer you go on pretending that you can work together despite your differences, the less likely it is you will get any work done.

Gemini
May 22 - June 21
The important thing now is that you keep your eyes fixed on the bigger picture and don't allow yourself to be distracted by events that get in the way of your goals. Have fun but you've got to be focused too.

Cancer
June 22 - July 23
Give your tongue a rest and use your eyes and ears to find out what is going on. Something you see over the next 24 hours will give you something worth talking about later on.

Leo
July 24 - Aug. 23
Someone you live or work with is harbouring a secret grudge and if you say the wrong thing they will find a way to use it against you. Think before you speak and make sure you know what you are talking about.

Virgo
Aug. 24 - Sept. 23
If you take what someone tells you at face value, you will miss what really matters. Before you make any kind of decision, make sure you know the facts.

Libra
Sept. 24 - Oct. 23
The Sun in Aquarius does wonders for your confidence, so it's unlikely you will tone down your remarks to save other people's blushes. And why should you? It's not your fault the truth is painful.

Scorpio
Oct. 24 - Nov. 22
Rarely have you had so many obligations. Rarely have your duties been so arduous. The good news is there are people in your life who will happily lend a hand — just ask.

Sagittarius
Nov. 23 - Dec. 21
The only reason someone is being so critical is because they resent your success. Maybe you should point out to them that if they worked as hard as you they might be successful too.

Capricorn
Dec. 22 - Jan. 20
Don't worry if you have not yet begun work on a scheme that means a lot to you. The longer you leave it, the more likely it is to be a success. Good ideas need time to develop.

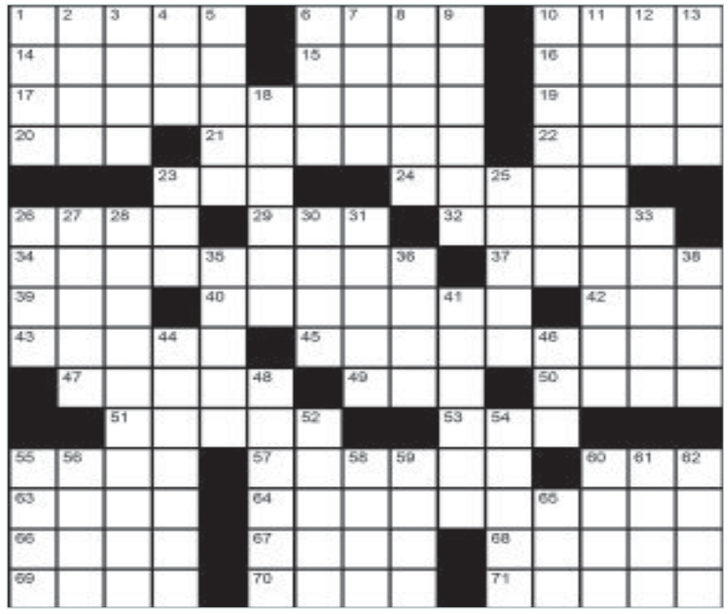
Aquarius
Jan. 21 - Feb. 19
It does not matter that others do not believe in what you are doing. The only thing that matters is that you believe in it. The whole world could be against you now but you will still come out on top.

Pisces
Feb. 20 - March 20
Be careful who you confide in today because if you reveal your secrets to the wrong person, they won't remain secret for long! It might be wise not to let even good friends in on potentially embarrassing information. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



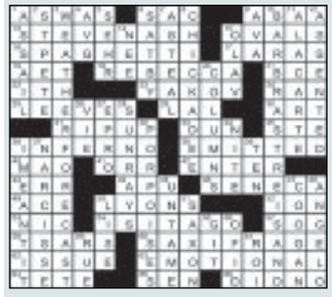
Across

1. Canadian furniture store, The __
6. Purchased
10. "__ __ I say, not..."
14. Ms. O'Donnell
15. Classical song
16. Sea lettuce
17. "Citizen Kane" (1941), for one: 2 wds.
19. Deli loaves
20. The Joy Luck Club author, Amy __
21. Guy in authority, in slang: 2 wds.
22. Pickup trucks, e.g.
23. Wed.'s follower
24. Quebec: Pre-university school
26. Johannesburg, _. __.
29. Fast rotation meas.
32. Levi's material
34. Submarine's looking device
37. "The Odd Couple" role
39. 'Advert' suffix
40. One who is selecting
42. Objectionable word
43. Puccini opera that premiered in 1900
45. 'Eating Well with Canada's __ __'
47. Drugstore, for short
49. '60s hallucinogenic
50. Fruity drinks
51. "This is so fun!" sounds
53. Suffix with 'Hero'
55. "So long!"
57. Colm of "Star Trek: The Next Generation"
60. Pres. Lincoln
63. Guess Who's "Hang __ __ Your Life"
64. Bookstore's popular item
66. Leave in, in proofreading
67. Rosey __, Canadian broadcaster
68. Worker's needs
69. Crags
70. Scandinavian rugs
71. Exertion excretion

Down

1. Ms. Spears, to pals
2. Cabo da __, Portugal
3. Glenn Frey song: "The Heat __ __"
4. NFL's Bengals, on scoreboards
5. "American Idol" judge Mr. Urban
6. Vault
7. "Hurry up ...__ __ leaving without you!"
8. Lavender
9. "Village of the __" (1995)
10. "Quentin __ M.P." (Vintage CBC show starring Gordon Pinsent)
11. That which Sochi's won in order to get the 2014 Winter Games: 2 wds.
12. With: French
13. Cheek
18. 1750: Halifax's oldest building, St. Paul's __
23. Prefix with 'angle'
25. Captain __ von Trapp
26. Skewer
27. Writer of ancient Greece
28. Superior's stuff
30. Magician's disappearing word!
31. Bobbin
33. "All in the Family" spin-off
35. Daunt
36. Those, in Spanish
38. Bus travel paths, for short
41. Mr. Cibrian's
44. Collusions
46. Abu Dhabi is its cap.
48. MP = __ of Parliament
52. Shabby
54. Sochi turndowns
55. Toll
56. Look __ (Investigate)
58. Drifting
59. Utmost degrees
60. Lotion component
61. Mr. Lugosi
62. Poet's 'previously'
65. High's antonym

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	3		7	2	6		9	
5								3
		1				8		
7	5		8		4		2	1
				7				
6	8		5		1		4	9
		9				5		
3								7
	2		4	1	5		3	

Yesterday's Sudoku

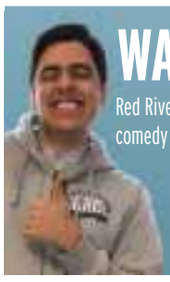
8	2	3	6	1	4	5	7	9
9	1	5	3	7	8	6	2	4
7	4	6	9	5	2	1	8	3
5	3	1	4	2	9	7	6	8
6	8	2	7	3	1	4	9	5
4	9	7	8	6	5	3	1	2
2	6	8	1	4	3	9	5	7
1	5	4	2	9	7	8	3	6
3	7	9	5	8	6	2	4	1

Weather

TODAY	FRIDAY	SATURDAY
MAX: -11° MIN: -12°	MAX: -4° MIN: -18°	MAX: -13° MIN: -28°

BT BREAKFAST TELEVISION

JENNA KHAN
WEATHER SPECIALIST
"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6 AM**



WATCH FOR RED RIVER COLLEGE ON WINDCITY!
Red River College is proud to be the only institute of higher education on the world's first locally-branded web series. WindCity, a scripted comedy poised to reposition the perception of Winnipeg, is a bold new initiative featuring the very best of what this city has to offer.
Watch the show and follow the campaign!
RED RIVER COLLEGE
AS SEEN ON WINDCITY.TV

RED RIVER COLLEGE

AS SEEN ON WINDCITY.TV

Red River College is proud to be the only institute of higher education on the world's first locally-branded web series. WindCity, a scripted comedy poised to reposition the perception of Winnipeg, is a bold new initiative featuring the very best of what this city has to offer.

Watch the show and follow the campaign at www.windcity.tv

WINDCITY TWITTER CONTEST!
1 Take your photo with RRC's WindCity character, SAM
2 Tweet your photo of you and SAM and include the hashtag #windcitytv
3 Follow @RRC
ENTER TODAY TO WIN A VIP DINNER FOR FOUR AT JANE'S RESTAURANT!
The winner will be announced on February 28, 2014
RRC